WINNIPEG metro®

NEWS WORTH SHARING.

Rescuers caught in a game of cat and saboteur

Who's souring efforts to save Butterscotch? PAGE 2

Ebola outbreak toll increases

New case reported in Nigeria as the regional death toll for the outbreak grows to 887 PAGE 3

Israel, Hamas agree to truce

72-hour ceasefire could be a signal that the brutal conflict may be coming to an end PAGE 5

MIRREN DOES FILM LOVERS A FLAVOUR

OSCAR WINNER LANDS A TASTY ROLE IN THE HUNDRED FOOT JOURNEY, BUT MOST DELICIOUS PART WAS WORKING WITH INDIAN LEGEND OM PURI PAGE 10

Folklorama heats up

Mestre Indio dazzles the crowd at Folklorama's Brazilian Pavilion by dancing the Capoeira on Monday afternoon. Folklorama kicked off Sunday and runs until Aug. 16.

SHANE GIBSON/METRO

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Motorcycle crash.
Local woman, 20, killed in St. Andrews accident

A Winnipeg woman is dead following a motorcycle crash in the rural municipality of St. Andrews Saturday night.

The 20-year-old woman was a passenger on a motorcycle being driven by a 26-year-old man from Winnipeg when the bike turned a corner near Lyall Drive and River Road and struck a parked vehicle around 7 p.m.

The driver was taken to hospital with non-life-threatening injuries, but the woman died.

One helmet was found at the scene; however, police have not determined who was wearing the helmet at the time of the crash.

Speed is considered a factor in the crash.

Selkirk RCMP continue to investigate, and say the woman's name will not be released.

METRO

On display.
Valour Road Victoria Cross medals coming back to Winnipeg

Three Victoria Cross medals awarded nearly 100 years ago to three Winnipeg soldiers are returning home as part of a special exhibit.

The medals were awarded for courage to Lt. Robert Shankland, Sgt.-Maj. Fredrick William Hall, and Cpl. Leo Clarke during the First World War for three separate actions each man took during what became known as the Great War.

All three men lived on the same block of Pine Street at the time of their enlistment, and the street was renamed Valour Road in the 1920s in their honour.

The medals will be on display at the Manitoba Museum until November as part of the Victoria Crosses of Valour Road Exhibit, which starts with a special ceremony open to the public at the Museum's Alloway Hall 1:30 p.m. Wednesday.

METRO

Support.
Province pledges to help with flooding

The province is promising funding equal to its one per cent hike to the PST, to help several Manitoba rural municipalities boost flood protection.

Premier Greg Selinger said Monday the provincial government will use the Building Manitoba Fund to help the rural municipalities of Victoria Beach, St. Clements, Bifrost, Riverton and Gimli pay for flood mitigation projects.

"The province is pleased to partner with the municipalities to build permanent dike protection," said Selinger in a release. "The funding is provided through the Building Manitoba Fund, Manitoba's program for sharing provincial tax revenue with municipalities."

The work will see roughly 60 residences and cottages at Patricia Beach protected with dikes, flood protection boosted at Albert and Pebble beaches, permanent flood protection added in Riverton and improvements made to the flood susceptible Willow Island access road in the RM of Gimli.

While funding is available for flood-related work through the federal-provincial Disaster Financial Assistance program, not all qualify under federal guidelines, according to the release.

Selinger said the provincially funded Building Manitoba Fund has more flexibility.

"The proactive approach taken by our provincial government in protecting our communities from flooding now and into the future will in the long-run show great savings for all Manitobans," said St. Clements mayor Steve Strang in a release. "Knowing that these decisions do not come easy, I applaud the premier for the fast actions in resolving the financial burden put onto our municipalities in protection of citizens and their properties." METRO

Man might be sabotaging efforts to save trapped cat

Here kitty, kitty, kitty.
Rescuers say man is scaring cat away from traps put in place

Searchers who have been trying to save a cat with a bird feeder stuck on its head in Brandon say their efforts to trap the hapless animal are being sabotaged.

The Brandon and Area Lost Animals group began setting out traps over a week ago after the cat, nicknamed Butterscotch, was spotted with the feeder on its head.

The cat couldn't be captured easily because it could see out of one eye and was still able to run, and even jump, to evade the rescuers.

The group set traps baited with cat food, tuna and sardines, but they say a man in the neighbourhood has shone lights, clapped his hands and used other techniques to scare Butterscotch away.

They say they've moved their traps onto private property, but their traps have been found and purposely damaged.

They say volunteers have spotted a man at night moving around the traps and shining bright lights, adding that he moves back onto his own property by the time police arrive.

"Police have advised us to call them when we need to. Police officers on duty have been supportive and assisted however they could," said Toni Gramiak, an organizer with the group, in an email.

"Police have suggested we move the trap away from the man's sights, which we did. The man searched for, and found, the new location each time."

While the cat can move, searchers fear it cannot eat or drink with the feeder on its head.

Anyone who spots the cat is asked to refrain from posting the location on social media sites or other public forums.

THE CANADIAN PRESS

Rescuers trying to save a Brandon cat with its head stuck in a small bird feeder say someone in town is sabotaging their efforts. The cat, nicknamed Butterscotch, is seen in this handout photo from July 23.

COLLEEN GAREAU/THE CANADIAN PRESS

Suspect nabbed

Woman charged in bank robbery

Police have a woman in custody after a Main Street bank in the 500 block was robbed Thursday. The lone female suspect waited in line before demanding and receiving cash from a teller at the bank.

Destinee Stranger, 26, of Winnipeg was arrested Saturday and is charged with armed robbery. METRO

Another arrest made

Second woman charged in man's burning death

A second woman wanted in the killing of Arthur Haussermann has been arrested in Regina. Haussermann, 53, died after being found in his burning suite July 26. Raven Desjarlais, 27, is charged with second-degree murder and arson.

METRO

Minnedosa

Man killed in crash near rock festival

A man is dead, and two others injured after police say a driver hit three pedestrians near the Rockin' the Fields of Minnedosa festival early Monday.

Alcohol is considered a factor in the crash, and the 37-year-old driver is in custody.

METRO

Wooded area

Woman sexually assaulted near Assiniboine River

Police are investigating after a woman was sexually assaulted near the Donald Street Bridge early Friday. The 35-year-old victim was heading into a wooded area alone and was confronted by an unknown man.

METRO

On the web

For more local news, go to metronews.ca

This photo shows rescue workers on Monday at the epicentre of an earthquake that struck the town of Longtoushan in Ludian county, located in China's Yunnan province. THE ASSOCIATED PRESS

Quake leaves trail of devastation in Chinese county

Yunnan province.
At least 398 have died, over 1,800 are injured in impoverished Ludian county

Rescuers found scores of survivors on Monday as they dug through homes shattered by an earthquake of magnitude 6.1 in southern China that killed at least 398 people and injured more than 1,800. Rainstorms were expected to continue to hinder rescue efforts over the coming days.

About 12,000 homes collapsed when the quake struck Sunday afternoon in impoverished Ludian county, around 370 kilometres northeast of Yunnan province's capital, Kunming, the official Xinhua News Agency reported.

Rescuers digging in the debris by hand freed a five-year-old boy whose legs were injured, Xinhua reported. It also said firefighters rescued 32 people who had been trapped but had retrieved the bodies of 43 residents. Medics were reporting severe shortages of medicine and an inability to perform operations on the severely injured, while rescuers said their work had been hampered by continuous downpours and quake-triggered landslides, according to Xinhua.

Overhead footage of the quake zone shot by state broadcaster CCTV showed older houses flattened but newer multi-storey buildings still standing.

The quake struck at 4:30 p.m. on Sunday at a depth of 10 kilometres, according to the U.S. Geological Survey. China's earthquake monitoring agency put the magnitude at 6.5.

The central government has allocated 600 million yuan ($97 million) for rescue and relief work after the quake, the Finance Ministry said.

The national meteorological centre said the area near the centre of the quake would suffer thundershowers over the next three days.

THE ASSOCIATED PRESS

U.S. aid workers with Ebola improve thanks to new drug

Two American aid workers infected with Ebola are getting an experimental drug so novel it has never been tested for safety in humans and was identified as a potential treatment only this year, thanks to a long-standing research program run jointly by the U.S. government and the military.

The workers, Nancy Writebol and Dr. Kent Brantly, are improving, although it's impossible to know whether the treatment is the reason or if they are recovering on their own. Brantly is being treated at a special isolation unit at Atlanta's Emory University Hospital, and Writebol was expected to be flown there Tuesday.

Both were infected while working in Liberia, one of four West African nations dealing with the world's largest Ebola outbreak. On Monday, the World Health Organization said the death toll had increased from 729 to 887 deaths in Guinea, Sierra Leone, Liberia and Nigeria, and that more than 1,600 people have been infected.

Nancy Writebol's son, Jeremy, holds a photograph of his mother and father, David, on Sunday. Nancy is one of two U.S. aid workers infected with the Ebola virus.
ORLIN WAGNER/THE ASSOCIATED PRESS

The experimental treatment the U.S. aid workers are getting is called ZMapp and is made by Mapp Biopharmaceutical Inc. of San Diego. In a statement, the company said it was working with LeafBio of San Diego, Defyrus Inc. of Toronto, the U.S. government and the Public Health Agency of Canada on development of the drug, which was identified as a possible treatment in January.

In a worrisome development, the Nigerian Health Minister said a doctor who treated Patrick Sawyer, the Liberian-American who died July 25 days after arriving in Nigeria, has been confirmed to have the disease. Tests are pending for three other people who also treated Sawyer and are showing symptoms. THE ASSOCIATED PRESS

Transmission of Ebola

The disease is not airborne, and only transmitted through contact with bodily fluids such as saliva, blood, vomit, sweat or feces.

- Doctors and other health workers on the front lines of the Ebola crisis have been among the most vulnerable to infection as they are in direct physical contact with patients.

Grand Canyon

Authorities investigate video

Authorities are looking into a viral Internet video that shows a man kicking a squirrel off what appears to be the edge of the Grand Canyon.

Park spokeswoman Kirby-Lynn Shedlowski said Monday that chances of finding the man are slim.

She couldn't say whether the video was a hoax. The video shows a shirtless man wearing a cowboy hat leaving a trail of food, putting on one of his shoes and then kicking the squirrel into the air. THE ASSOCIATED PRESS

Smoky Lake County

Hunter recovering after bear attack

A hunter is recovering in hospital after being mauled by a bear he shot outside of Edmonton.

The 60-year-old man had been hunting for black bears on private property in the Smoky Lake County area, roughly 130 kilometres northeast of Edmonton. According to Alberta Fish and Wildlife officers, the man had permission from the land's owner to hunt on the property, when he spotted and shot a 250-pound male black bear.

LEAH GERMAIN/METRO IN EDMONTON

Northern Mali

International experts complete investigation into Air Algerie crash

A communications adviser for the French Embassy in Bamako, Didier Nourrisson, says international experts have wrapped up their investigation into the Air Algerie crash in northern Mali.

France says all 118 people onboard died when the plane crashed on July 24, but Burkina Faso puts the figure at 116, saying two passengers did not board. THE ASSOCIATED PRESS

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TRANSIT TUESDAY
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New York City

Jails are violent, unsafe for teen inmates: Report

New York City's juvenile jails are extremely violent and unsafe, the result of a deeply ingrained culture of violence in which guards routinely violate constitutional rights of teenage inmates and subject them to "rampant use of unnecessary and excessive force," the U.S. federal government said in a scathing report released Monday.

The report identified problems including poor staff training, inadequate investigations, an ineffective management structure and the overuse of solitary confinement, particularly for mentally ill inmates.

THE ASSOCIATED PRESS

USS Cole bombing case

Judge rejects conflict charges

A newly appointed judge refused on Monday to step down from the case of the Guantanamo Bay detainee accused of orchestrating the 2000 bombing of the USS Cole in Yemen, dismissing defence arguments about possible conflicts stemming from an earlier case.

Defence attorney Richard Kammen quizzed Air Force Col. Vance Spath about his views on matters including the 2005 death-penalty case of Senior Airman Andrew P. Witt. Spath was the lead prosecutor in that case, in which Witt was sentenced to death. Kammen questioned whether Spath could be an impartial judge in the trial of Abd al Rahim al-Nashiri, since al-Nashiri also faces a possible death sentence.

THE ASSOCIATED PRESS

American jailed in Cuba bids his family goodbye

Secret mission. Alan Gross was arrested in 2009 while working covertly to set up Internet access in Cuba

A lawyer for an American who has spent four years imprisoned in Cuba said Monday that his client cannot take life in prison much longer and has said his goodbyes to his wife and a daughter.

Alan Gross' attorney, Scott Gilbert, said in a statement Monday that his client "has withdrawn" and told him "life in prison is not a life worth living." Gross has previously said through his lawyer that his 65th birthday, in May, would be the last one that he "celebrates in Havana, one way or the other."

Gross said goodbye to his wife and youngest daughter during a visit in July. Gross, who lived in Maryland before his arrest, had previously told his two daughters not to come see him in prison.

Now, Gross has stopped exercising and his health is not good, said Gilbert. His hips are failing and he has lost most of the vision in his right eye. Gross' "emotional deterioration has been severe," Gilbert said, particularly following the death in June of his 92-year-old mother.

The statement from Gross' lawyer came as an Associated Press investigation found the Obama administration deployed young people to the island to stir political dissent under the guise of civic and health programs, putting those foreigners in danger.

THE ASSOCIATED PRESS

Cuban mission

At the time he was arrested, Alan Gross was working as a subcontractor for the U.S. government's U.S. Agency for International Development, which promotes democracy in Cuba.

- Gross had travelled repeatedly to Cuba on a mission to expand Internet access using sensitive technology typically available only to governments, a 2012 AP investigation found.
- Cuba considers USAID's programs illegal attempts by the U.S. to undermine its government, and Gross was tried and sentenced to 15 years in prison.

Sweden battles forest fire 'worst in history'

A helicopter dumps its load of water on a wildfire just outside the evacuated village of Gammelby near Sala, Sweden, Monday. The fire is in its fifth day and firefighters believe it will burn for weeks or even months. It is classified as the worst forest fire in Sweden's modern history. FREDRIK SANDBERG-TT NEWS AGENCY/THE ASSOCIATED PRESS

Abortion clinics. Law is unconstitutional: Judge

A U.S. state's law restricting doctors at abortion clinics is unconstitutional because it would unduly hamper women's ability to obtain the medical procedure, a federal judge ruled Monday.

Judge Myron Thompson, in a 172-page opinion, said Alabama state lawmakers exceeded their authority when they passed a law last year requiring doctors at abortion clinics to have hospital admitting privileges.

The case is the latest in the decades-long struggle by some social conservatives to chip away at a woman's constitutional right to have an abortion. The issue remains one of the country's most sensitive, politically and otherwise, with various challenges in a number of states.

THE ASSOCIATED PRESS

Denver. Bar can't refuse man in drag: Watchdog

Colorado regulators say a Denver gay bar discriminated against a man when a bouncer denied him entry last year because he was in drag.

The civil rights division of the state's Department of Regulatory Agencies has ordered the Denver Wrangler to resolve the dispute with Vito Marzano, a gay man who was wearing a dress and wig when he went to the bar Aug. 31, 2013.

The order obtained Monday says the bouncer turned Marzano away because his appearance didn't match the one on his driver's licence. But regulators determined that the bar wrongly favours those with a masculine appearance because its dress code bars high heels, wigs and perfume.

THE ASSOCIATED PRESS

Sabreen el-Tartour, of the Palestinian Centre for Human Rights, walks through a devastated area in Gaza City on Saturday. From the first day of Israel-Hamas fighting on July 8, human rights groups operating in Gaza have been collecting detailed information about the aftermath of a reported 4,600 or more Israeli strikes to lay the groundwork for future legal proceedings. DUSAN VRANIC/THE ASSOCIATED PRESS

Israel, Hamas accept ceasefire proposal

72-hour truce. Agreement on Egyptian plan could signal end to month-long war

Israel and Hamas on Monday accepted an Egyptian ceasefire proposal meant to halt a bruising month-long war that has claimed nearly 2,000 lives, signalling an end to the bloodiest round of fighting between the bitter enemies could finally be approaching.

After weeks of behind-the-scenes diplomacy, Israel and Hamas both announced late Monday that they had accepted the proposal for a preliminary 72-hour truce, beginning at 8 a.m. local time Tuesday. Egypt was then set to host indirect talks to work out a long-term truce over the next three days.

"At 8 a.m. local time tomorrow a ceasefire starts and Israel will cease all military operations against terrorist targets in the Gaza Strip," said Israeli government spokesman Mark Regev. "Israel will honour the ceasefire and will be watching to see if Hamas does, too."

A delegation of Palestinian officials from various factions, including Hamas, has been negotiating with Egypt in recent days. Hamas spokesman Fawzi Barhoum said the group had accepted the plan.

"It's clear now that the interest of all parties is to have a ceasefire," said Bassam Salhi, a member of the Palestinian delegation. "It's going to be tough negotiations because Israel has demands, too."

The war broke out on July 8 when Israel launched an air campaign in response to heavy rocket fire out of Hamas-controlled Gaza. Israel expanded the operation by sending in ground forces on July 17 in what it described as a mission to destroy a network of tunnels used by Hamas militants to stage attacks.

Several previous ceasefires have collapsed, including a similar plan for a 72-hour truce that broke down last Friday in heavy fighting. Both sides blamed the other.

THE ASSOCIATED PRESS

War crimes

Will allegations stick this time?

In a replay of the last major Gaza conflict, human rights defenders are again accusing Israel and Hamas of violating the rules of war, pointing to what they say appear to be indiscriminate or deliberate attacks on civilians.

In 2009, such war crimes allegations levelled by UN investigators — and denied by both sides at the time — never came close to reaching the International Criminal Court.

Some Palestinians hope the outcome will be different this time, in part because President Mahmoud Abbas, as head of a UN-recognized state of Palestine, has since earned the right to turn directly to the court.

THE ASSOCIATED PRESS

Azerbaijan-Armenia conflict. Death toll rises, presidents may meet

Azerbaijan and Armenia on Monday both reported more losses in a sharp escalation of fighting over the South Caucasus region Nagorno-Karabakh, with 18 soldiers now confirmed dead.

The Azerbaijani region and some adjacent territory have been under the control of Armenian soldiers and ethnic Armenian local troops since the end of a six-year separatist war in 1994. Both sides report frequent shootings and attempted incursions along the ceasefire line, but the latest outbreak of fighting has been the worst in many years.

Russia, the United States, the European Union and the UN secretary-general have all expressed concern and urged both sides to respect the ceasefire.

Azerbaijan's Defence Ministry said Monday that 13 soldiers were killed in the fighting that spiked over the weekend, while Nagorno-Karabakh's armed forces said five of its soldiers were killed.

It was not immediately clear what set off the latest violence between the former Soviet republics, with each side accusing the other of being the aggressor.

Armenia's prime minister said the presidents of the two countries were expected to meet at the end of the week in Sochi, Russia, although this has not been confirmed by Azerbaijan.

THE ASSOCIATED PRESS

A convoy of Azerbaijan's army tanks moves in the direction of Agdam, Azerbaijan Saturday. Recent days have seen a sharp escalation in fighting between Azerbaijan and Armenia over control of Nagorno-Karabakh. ABBAS ATILAY/THE ASSOCIATED PRESS

What the heck is Corey's? Where PROBLEMS Find SOLUTIONS!

I have a most wunderfull dady. He got me a new compewter. I like to go and play Barbie games, and drawing games. And watch lots of funny movie. He always gets me the funny ones from the library or from the interenet - whatever that means. Sometimes he gots upset because I click on places and I end up with pictures my brother and I shud never see..

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First World War Timeline

1 June 28, 1914: Austrian Archduke Franz Ferdinand and his wife Sophie are assassinated in Sarajevo.

2 Aug. 4, 1914: Britain goes to war against Germany, Canada is automatically included.

3 Oct. 1, 1914: First Canadian Division sails for Britain.

4 Nov. 1, 1914: HMS Good Hope is sunk at the Battle of Coronel off the coast of Chile, taking four Canadian midshipmen down with her. They are the first Canadians killed in action.

5 April 9-12, 1917: Canadians storm and capture Vimy Ridge. Casualties: 10,602.

6 Aug. 29, 1917: Canada's conscription bill becomes law.

7 Nov. 11, 1918: An armistice goes into effect at 11 a.m. and the shooting and shelling stop.

Reconciliation at heart of European leaders' gathering

Peace. Old enemies come together to remember the 14 million who lost their lives in the First World War

Former enemies united Monday to commemorate the 100th anniversary of the start of the First World War, with Belgium, France, Britain and Germany standing together in the spirit of reconciliation.

Belgian King Philippe and Queen Mathilde welcomed German President Joachim Gauck under cloudy skies for the late-morning ceremony at the Cointe allied memorial amid pomp and military honour. During the ceremonies, the former enemies sat united, listening and applauding each other's speeches.

European leaders gathered to mark 100 years since the beginning of WWI.
THIBAULT CAMUS/THE ASSOCIATED PRESS

Germany invaded neutral Belgium on Aug. 4, 1914, as part of a planned attack on France. By nightfall, Britain had joined the war.

"It opened Pandora's Box," said Gauck who acknowledged that it "is anything but self-evident to stand and talk to you on this day."

The war wasn't expected to last long. But instead of weeks, the continent was plunged into hardship and misery for over four years.

The Great War, as it came to be known, is now often depicted as senseless slaughter without a big moral cause that claimed an estimated 14 million lives, including five million civilians, and nine million soldiers, sailors and airmen from 28 countries. About seven million were left permanently disabled.

The U.S. joined the allies against the German and Austro-Hungarian empires in 1917 and provided a decisive impetus to break the deadlock before the Nov. 11, 1918, armistice.

THE ASSOCIATED PRESS

War changed the world

"It opened Pandora's Box."

German President Joachim Gauck

Gauck joined a number of other European leaders in France to commemorate the end of the First World War. He noted the initial causes of the war and how they sent the entire region into over four years of conflict.

Analysis

Canadian vets' courage inspirational

Prime Minister Stephen Harper marked the 100th anniversary of the beginning of the First World War on Monday, crediting the conflict, despite its terrible loss of life, as an essential part of Canada's development as a nation.

"Amid the appalling loss, by any measure, Canada as a truly independent country was forged in the fires of the First World War," Harper told a crowded gathering at the Canadian War Museum in Ottawa.

Canada's involvement in the war began a century ago when Britain declared war against Germany. The First World War became a critical turning point for a country not even 50 years old when the conflict erupted in Europe.

The successes of Canadian soldiers on battlefields that included Ypres, Vimy and Passchendaele spurred a deep sense of national pride and a belief that Canada could stand on its own.

"And yet what it means to live mired in muck and disease, to fight through mud deep enough to drown a man, to lose thousands of lives in a single day, to gain what could be measured in yards ... the sense of these things eludes us still. We can only imagine their fear, their courage." THE CANADIAN PRESS

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The dates of the First World War are displayed on the National War Memorial in Ottawa. Countries around the world commemorated the First World War, with ceremonies and events. SEAN KILPATRICK/THE CANDIAN PRESS

The Great War. Origins of 1914 conflict hotly debated a century later

It's been 100 years since Europe's major powers, and their colonies and dominions, went to war, but the passage of time has done little to settle the debate about what was responsible for the First World War.

Prof. Michael Neiberg of the U.S. Army War College in Carlisle, Pa., said some blame those who held political power at the time, and their divergent systems of government, while others insist it's difficult to assign blame at the feet of any one culprit.

"If anybody goes looking for simple causes, they're going to either be disappointed or they're going to reduce the history so much that it won't make sense any more — 1914 was an unbelievably complicated world," said Neiberg.

Many view the assassination on June 28, 1914, of Archduke Franz Ferdinand at the hands of a Serbian nationalist as the spark that ignited the conflict.

Historian Margaret MacMillan, a professor at the University of Oxford and author of The War That Ended Peace: The Road to 1914, doubts historians will ever settle the debate of what or who is to blame for the First World War.

"I think we should tell (schoolchildren) there's a discussion, and that it's all right to have different views on what happened in history," she said. "Some things you just won't get a consensus (on)."

THE CANDIAN PRESS

AUGMENTED REALITY

→ Scan the image with your Metro News App to view a gallery of the many 2014 celebrations commemorating the 100th anniversary of the beginning of the First World War from around the world.

metro AR → See the full instructions on Metro's Voices page.

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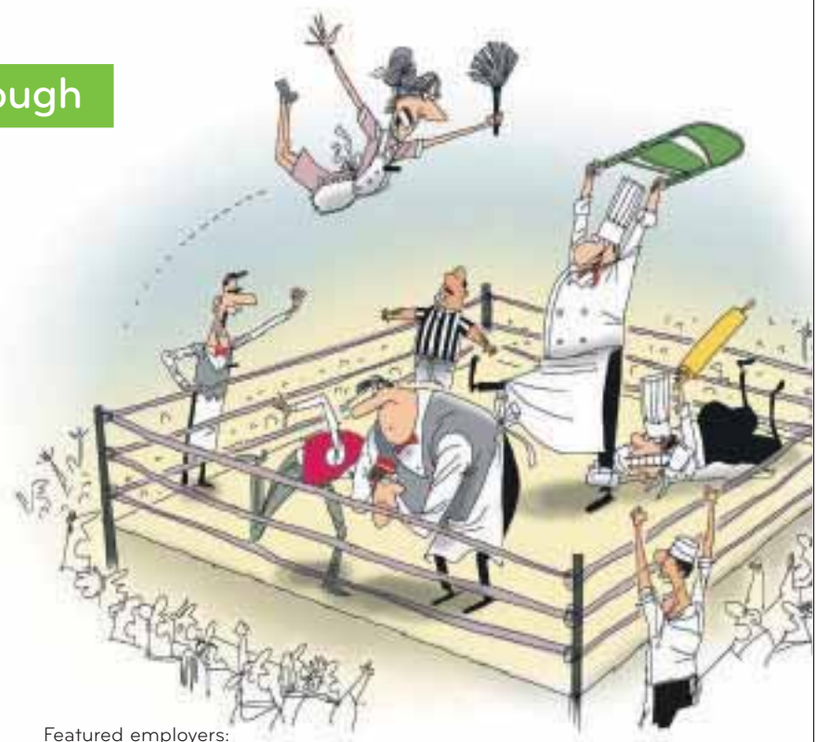

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"Number one job site" based on six-month average online job postings for period ending June 30, 2014. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2014 Workopolis.

Free shipping game-changer for retailers

'This means war.' Walmart fired a shot across the bow when it offered free delivery across Canada for online purchases

When Walmart Canada introduced free shipping on all online purchases last year, it was a clear message to its rivals that it was gearing up for a fight.

Craig Patterson, an analyst who runs the online news magazine Retail Insider, said the move by one of the world's largest retailers was bold, setting a new standard in going the extra mile for consumer dollars.

"It's a declaration of war, no question," he said from Vancouver.

For the last few years, retailers in Canada have been waging a battle to set themselves apart, as entrants such as U.S. giants Target and Nordstrom arrive to compete for the same customers.

While a behemoth retailer like Walmart may be able to absorb the costs of shipping, it would be a challenging task for smaller retailers to be able to offer the same without raising prices, he said.

Retailers have long struggled with free shipping in Canada, given the size of the country and the cost of shipping quickly to remote areas. The compromise, it seems, is to offer free shipping on minimum purchases, which can offset some of those costs.

In a bid to win young customers online retailer Amazon has also recently started offering unlimited free shipping — but only for six months to students in Canada.

THE CANADIAN PRESS

Tilling new ground in agritourism

Bloomery Plantation Distillery employee Allison Manderino, 28, hands out samples of SweetShine in its tasting room in Charles Town, W. Va., this summer. With its sweet fruit-flavoured liqueurs, a working farm and eccentric cast of characters — including a dancing lemon — Bloomery Plantation Distillery has attracted tourists from every U.S. state and countries as far away as Laos and Iceland. The West Virginia mini-distillery is part of a growing agriculture tourism trend that advocates say can help revive struggling rural economies. Ag tourism refers to working farm enterprises geared to visitors, encompassing farm stands, pumpkin patches, barn dances, zip-line rides, pick-your-own berries, corn mazes and even weddings. CLIFF OWEN/THE ASSOCIATED PRESS

Unpaid wages, damages

LinkedIn to pay $6M in overtime

Professional networking service LinkedIn has agreed to pay nearly $6 million US in unpaid wages and damages to 359 current and former employees.

The U.S. Department of Labor said Monday that an investigation found LinkedIn in violation of federal overtime and record-keeping rules.

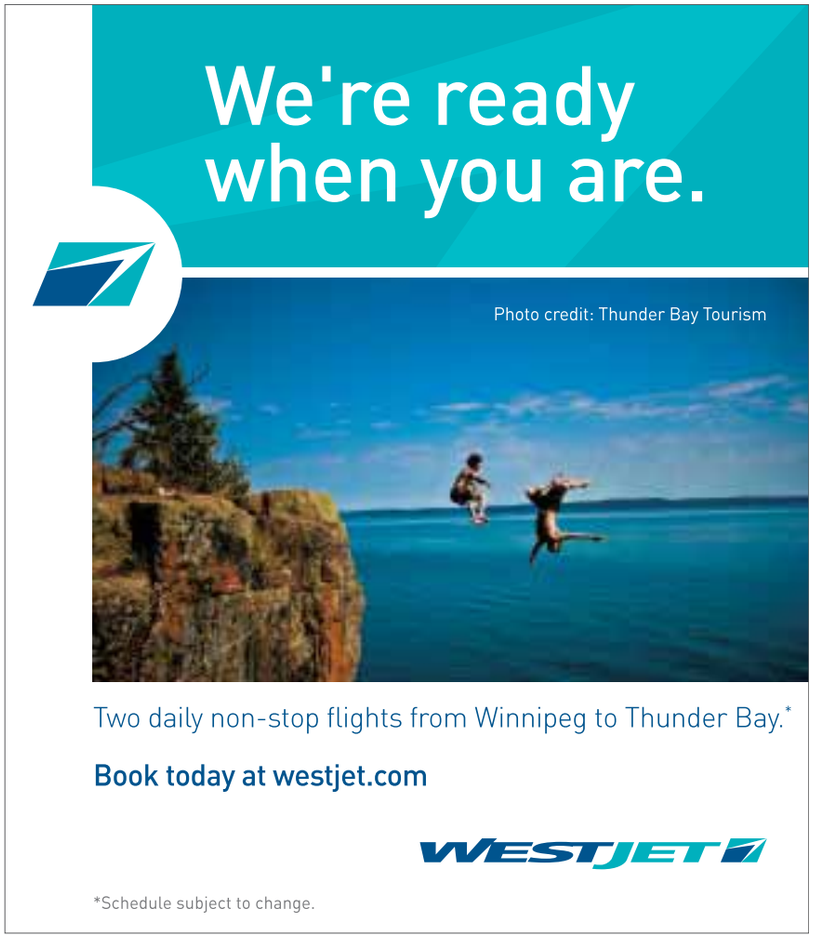
THE ASSOCIATED PRESS

Market Minute

NATURAL GAS $3.84 US (+$0.05)

GOLD $1,289.40 US (-$6.00)

TSX closed for Civic Holiday.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What caused the water woes?

Two days after warning some 400,000 people in Ohio and Michigan not to drink their tap water, the mayor of Toledo, Ohio, declared on Monday that the water was now safe and took a sip.

The state's fourth-largest city lifted the advisory after dozens of tests over the weekend showed an algae-induced toxin contaminating Lake Erie had dropped to safe levels following intensive chemical treatments.

"Families can return to normal life," said Mayor D. Michael Collins.

A sample glass of Lake Erie water on Sunday. THE ASSOCIATED PRESS

Ohio Gov. John Kasich said the state will conduct a full review, including taking a look at Toledo's aging water system and figuring out how to reduce pollution that feeds algae in the western end of the lake.

It's still not clear, he told The Associated Press, whether the algae bloom centred where Toledo draws its water was entirely to blame or if changes also are needed with the water-supply system.

The weekend warning had led Kasich to declare a state of emergency in three counties, bringing in soldiers from the Ohio National Guard to deliver bottled water and operate purification systems to produce drinkable water.

THE ASSOCIATED PRESS

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FOR EVERYONE *EXCEPT* CARRIE BRADSHAW

SHE SAYS

Jessica Napier
metronews.ca

As much as I like to imagine myself as the Carrie Bradshaw of the North, it's actually impossible for a writer to earn a living on a once-a-week newspaper column. And so, unlike my fictional Manolo Blahnik-wearing counterpart, I actually have a "real" job.

In fact, today is my first day at a new job. After four years at my previous company I had finally learned how to use the photocopier on my own, so of course it was time for me to leave.

It's a thrilling thought, starting over in an entirely new role at a new workplace. It's a time for optimism and new beginnings. Today feels a bit like New Year's Eve and the first day of school all rolled into one. It's both incredibly exciting and horribly nerve-wracking.

I'm worried about the job itself, of course, and whether or not I'll be able to meet the professional expectations of my employer. But there are also a thousand other tiny things to fret over when you disrupt your daily routine and start out somewhere unfamiliar. Where will I go for lunch? What should I wear? Will I annoy my new cubicle mates with my loud, crunchy, mid-morning snacks?

In his bestselling book The First 90 Days, Harvard University professor and leadership expert Michael D. Watkins notes, "the first three months in a new position are fraught with peril — and loaded with opportunity."

As with any adjustment period, starting a new job can be disorienting and overwhelming at first. Most of us feel compelled to prove ourselves the moment we step through the door. It's only natural to want to take action right away in order to impress our supervisors and co-workers.

But Watkins explains that new hires shouldn't be so concerned with doing things and should instead focus on listening. He recommends taking an anthropological approach and trying to learn as much as possible about the politics and culture of the organization.

Every office comes with its own unique set of guidelines; some are mundane and unspoken, while others are more formal and codified.

As a newbie, it's your goal to familiarize yourself quickly with the rules — both the subtle and the explicit — that govern the day-to-day activities of your environment. Otherwise, finishing a pot of coffee without making a new one or hitting "Reply All" on your response to an intraoffice memo could make you a workplace pariah right off the bat.

Your first days in a new job are for establishing relationships, asking a few too many questions, and learning how to navigate an unfamiliar office.

Yes, you'll probably feel a bit foolish asking a fellow grown adult where the bathroom is or what time you should eat lunch, but it's all part of the learning curve.

FINGERHAKELN

Competitors face off in the 55th German finger-wrestling championships (in German called Fingerhakeln) over the weekend in Garmisch-Partenkirchen, Germany. For more finger-pulling photos, scan this photo with your Metro News app. ALL PHOTOS PHILIPP GUELLAND/GETTY IMAGES

No, we're not pulling your finger, but these German wrestlers are pulling each other's

Hundreds of lederhosen-clad men competed in the 55th German Finger Wrestling Championships in Garmisch-Partenkirchen, southern Germany, this weekend.

In the traditional Alpine sport, two competitors matched in age and weight sit across from one another at a table and pull a small leather band with one finger until one player has pulled the other across the table.

The sport is taken very seriously in Bavaria and Austria. Wrestlers build up their finger muscles by lifting weights with one finger and doing one-fingered pull-ups.

Injuries are not uncommon at the event; competitors have been known to dislocate or break their fingers.

Finger wrestling (or Fingerhakeln in German) is thought to have originated in the 17th century as a way of settling disputes in Alpine countries.

IBTIMES.CO.UK

It's not funny

Anyone who thinks Fingerhakeln is some kind of amusing time-waster Bavarians engage in after a few too many beers at the village inn is very mistaken. Practitioners take it very seriously.

- Some wrestlers crush tennis balls with their hands; others will do pull-ups with only their middle fingers; and some have even been known to make their digits lift weights of up to 50 kilograms.

SPIEGEL.DE

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MetroTube

Canada cannot live on yule logs alone

ANDREW FIFIELD
andrew.fifield@metronews.ca

The Slow TV movement — whether it's six- day ferry rides through Norwegian fjords or a marathon knitting session — is one of the European trends we find ourselves gazing lovingly at from across the ocean ... especially since our yearly yule log obsession suggests a deep Canadian appetite for languid, determinedly ordinary programming. The French are not content with such simple things, though. In March, a French channel aired Tokyo Reverse, nine hours of a man walking backward through Japan's character-choked capital. Clearly, it's past time we demanded some action from our creators on the Slow TV front. (France 4/YouTube)

SCREENGRAB

metro

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SCENE 2

DVD review

Twin Peaks

Creators. Mark Frost, David Lynch

Stars. Kyle MacLachlan

●●●●○

Nothing's ever been simple or straightforward about Twin Peaks, the 1990s cult hit TV series (and later flop movie) that made David Lynch and co-creator Mark Frost woodland authorities on owls, coffee, damn fine pie and ritual murder in the Pacific Northwest. After dazzling viewers in its debut year, the show's second (and final) season succumbed to a surfeit of characters and a shortage of logic. Things got worse with Twin Peaks: Fire Walk With Me, the 1992 film that further muddled the central mystery of the death of high schooler Laura Palmer. This Blu-ray set goes a long way to righting wrongs. Best of all is what the set does for Fire Walk With Me. It adds nearly 90 minutes of deleted/alternate scenes that considerably improve the film, including adding some back story for David Bowie's crazed FBI character. **PETER HOWELL**

Love thy neighbour, advises Helen Mirren

The Hundred Foot Journey. Oscar winning actress talks about her latest role in a tale of two chefs

JOEL AMOS
Metro in Hollywood

Helen Mirren plays a French restaurant owner unimpressed by her new Indian restaurant neighbour. CONTRIBUTED

If it isn't clear by now why Helen Mirren loves to work in films, then it should be.

One might think winning the Oscar would be justification, but it seems it is a little simpler than that. "Why do you think we become actors? We get our best lines written for us," Mirren explains. "We look intelligent. We look witty and we don't really have to do anything but say the words."

Mirren is at it again in The Hundred Foot Journey, in which she plays the owner of a Michelin-starred restaurant who is less than thrilled when an Indian restaurant opens across the street to her legendary southern France bistro. The real joy for Mirren, she insists, is finally getting to work with legendary Indian actor Om Puri, playing the Indian family's patriarch.

As famous as she is, he matches her in fame and talent in his own country, in Pakistan and in her native England.

"Om and I just naturally fell into a rhythm together. That was very easy for both of us. Because we knew of each other's work, we had enormous respect for each other," Mirren says. His off-screen persona, it seems, was not too far off from the one he portrayed onscreen.

"He would cook Indian food for everyone and make a family feeling on the set. He created this little family who come to France. He was brilliant."

If there was any message Mirren wants audiences to take away from the film, it's one that dates back thousands of years. "Love thy neighbour," she says. "That's the hardest — much more difficult than do not covet thy neighbour's wife! That's easy. Love thy neighbour is difficult and it's the most important."

AUGMENTED REALITY

→ Scan this photo with your Metro News app for a video of Steven Spielberg and Oprah Winfrey sampling The Hundred Foot Journey.

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Paquin proves to be model of patience

Sometimes you have to tell Larry King something multiple times for it to sink in. Take, for example, True Blood star Anna Paquin's sexuality. During a recent interview, King peppered Paquin with some rather direct questions, starting with, "Are you a non-practising bisexual?" To which the ever-patient Paquin responded, "Well, I am married to my husband (Stephen Moyer), and we are happily, monogamously married." King wouldn't let it rest there, though, and followed up with: "But you were bisexual?" OK, Larry. Here goes: "I don't think it's a past-tense thing," Paquin patiently explained.

"Are you still straight if you are with somebody? If you were to break up with them or if they were to die, it doesn't prevent your sexuality from existing. It doesn't work like that." All in good fun, right? Until King finally ended that section of the discussion with a creepy aside that he'd "stop with wishful thinking."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

50 Shades of Orange: Lohan looking for a pal to help pen tell-all book

NED EHRBAR
Metro in Hollywood

There might be hope for the publishing industry yet, as Lindsay Lohan "held meetings at major publishing houses in London recently" to discuss a salacious tell-all book, according to the Sun. "The stories she promised the literary agents made their jaws drop. She's prepared to put everything out there, and has already proved she's not shy with the list of men she claims to have slept with," a source teases. But here's the thing: How can she be prepared to put everything out there when she's already, you know, put everything out there?

Lohan is not exactly an enigma wrapped in a mystery wrapped in a Passages Malibu sweatshirt. The real surprise of this book — should it ever actually materialize — will be what new information about her life she could possibly divulge. But hey, more power to you, Lindsay. Oh, and she's apparently got some pretty lofty goals as far as ghost writers go: "It may seem unlikely, but she thinks she's in with a shot at getting (50 Shades of Grey author) E.L. James to work on it," the source says. "Another pie in the sky idea was that she might persuade J.K. Rowling to work with her." Now that I'd pay good money to see.

Jay-Z and Beyoncé

Will Jay-Z and Beyoncé's On the Run tour reach an untimely finish line?

More rumours of marital trouble for Jay-Z and Beyoncé are swirling, this time with sources suggesting the couple's union might not last as long as their current concert tour. "I'm definitely not sure that they'll make it to Paris," a source tells Page Six, referring to their On the Run tour's planned finally in September. "They're not just staying in different hotel rooms, but they have booked separate hotels and they arrive separately to each show." The couple reportedly held an emergency meeting last week with concert promoter Live Nation and at least four lawyers to figure out how to keep the tour on track despite their imploding marriage.

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LIFE 3

Replace fatty beach bites

Nutritional therapist Gabriela Peacock recommends the best foods to pack in your cooler. And no, ice cream, soda and chips are not on her list.

ROMINA MCGUINNESS
Metro World News in London

POPCORN (AIR POPPED, 1 CUP)
Total calories: 31
Total fat: 0 g

WATERMELON (BALLS, 1 CUP)
Total calories: 46
Total fat: 0 g

JALAPEÑO STUFFED GREEN OLIVES (5)
Total calories: 30
Total fat: 4 g

HUMMUS WITH PITA BREAD (1 CONTAINER)
Total calories: 225
Total fat: 13 g

ORANGE (1 LARGE, 340 g)
Total calories: 90
Total fat: 0 g

CHICKEN MAYO SANDWICH
Total calories: 329
Total fat: 11 g

COCONUT WATER (VITA COCO, 250ml)
Total calories: 45
Total fat: 0 g

ALMONDS (RAW, 10)
Total calories: 69
Total fat: 6 g

PINEAPPLE (DICED, 1 CUP)
Total calories: 74
Total fat: 0 g

TABBOULEH (1 CUP)
Total calories: 165
Total fat: 9 g

ROASTED PUMPKIN SEEDS (1 TBSP)
Total calories: 83
Total fat: 5 g

APPLE (1) & PEANUT BUTTER (2 TBSP)
Total calories: 270
Total fat: 16 g

VEGGIE AND BROWN RICE SALAD BOWL (1)
Total calories: 250
Total fat: 6 g

PLENISH CLEANSE SWEET SEXY GREEN JUICE (1)
Total calories: 23
Total fat: 0 g

CARROT AND CELERY STICKS (1 CUP)
Total calories: 70
Total fat: 0 g

Combat stress levels

Summertime and cleaning is easy

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Take advantage of the easier days of summer to get your house organized. A neat home will help keep the stress levels down. It's easier than you think. Best Health magazine consulted home organizing professionals for their tips.

Let things marinate
When you're organizing, sort everything into five piles: "move to another room," "donate," "give to a specific person," "throw away" and, finally, the "marinating" pile. Pack up all the marinating items, and label the box with a date that's six to 12 months later. If you don't open the box before that date, you can safely discard those items.

Move forward—not backwards
Don't call a personal organizer and say you need help adding storage for all your stuff. That's just backwards. Your goal should be to remove the clutter, not create more storage space.

Find its place
Good news from the pros: Being organized doesn't mean everything is in its place; it means everything has a place. If you can get your house ready for a guest in 30 minutes or less, you're organized.

Donate, donate, donate
You could sell unused items on eBay, but do you want to get organized or start a career hawking stuff? Unless you need the money, give things away to charities and at community donation centres. It saves time.

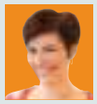
Dress up flat surfaces
Countertops and tables quickly become drop zones for clutter. If you have a dining table, for example, that is always getting covered with junk, clear it off, put a flower arrangement in the middle, and add actual place settings. That should prevent people from parking stuff there.

Make your car work for you
Anything that needs to go somewhere should be in your car, not in your house. Keep your shopping coupons there in a clear folder so they're within reach when needed. Get an errand basket for the trunk to hold items to be returned. Use crates to store kids' car toys and emergency supplies.

Don't put a lid on it
Avoid lids on laundry baskets, bins and other storage containers. They just make it that little bit harder for you to put things away. **FOR THE FULL ARTICLE, PICK UP THE SUMMER ISSUE OF BEST HEALTH MAGAZINE, ON NEWSSTANDS NOW. SUBSCRIBE AT BESTHEALTHMAG.CA**

Health Solutions

Make your summer sizzle



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

With the summer weather knocking the crap out of us, no one feels like cooking. It's true that meals get much simpler and expectations lower at this time of year but burgers become boring and hot dogs can't handle real hunger so a little creativity is required.

While the grill is on, prepare some of these foods in advance for the rest of the week. Use them willy-nilly in salads and sandwiches to spice up your routine.

- Grill an extra side of salmon.
- Slice and grill thick rings of red onions.
- Bake extra potatoes to fill with cream cheese to re-bake as sides or slice into a pan to make home fries or add to broth with chives and purée into soup.
- Bake sweet potatoes and mash; warm in microwave to use in muffin mixes.
- Grill Haloumi cheese to use in sandwiches.
- Grill green onions and cut into grilled cheese for a smoky flavour.
- Make foil packets of mixed berries, add a dab of butter and cinnamon, use to top yogurt or ice cream.
- Buy pepper on sale and grill then freeze for use all winter or cover with extra virgin olive oil and vinegar for antipasto platters.

There is a sense of comfort that comes from knowing you have the key part of any meal at the ready when all you want to do is sit in the shade with a cold glass and let the breeze remind you how wonderful Canadian summers can be.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

You're 20 minutes and four ingredients away from dinner

Georgian Bay Salmon. This is one fish you can't go wrong with thanks to its simple-to-enhance flavour

I am pretty sure you can make this salmon on any barbecue anywhere in the world, but I had it made for me by a friend on the most glorious day on Georgian Bay, Ont. Funny how food can imprint a memory on your tongue and heart just as music can on your soul.

This recipe takes two steps and 20 minutes, so I encourage you to cook more than one and save the second for a salad the next day.

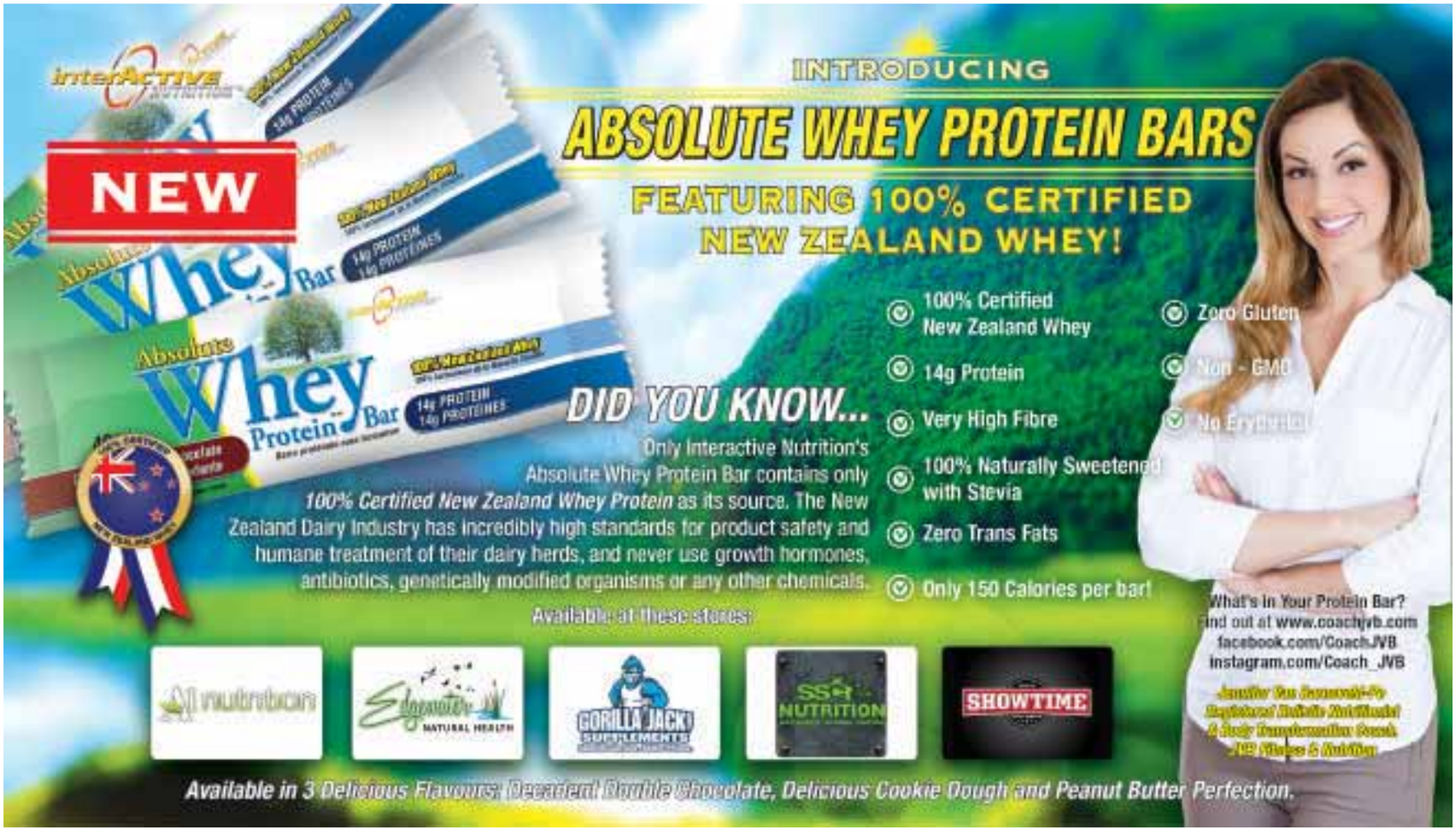
This recipe serves four. THERESA ALBERT

Ingredients

- 1 side of salmon
- 1 tsp of lemon pepper
- 1 tbsp butter
- 2 cloves garlic, peeled and sliced

1. Sprinkle lemon pepper and spoon butter over salmon laid on a large piece of foil. Top the fish with garlic and wrap tightly into a packet.

2. Place fish on the barbecue and bake for 20 minutes with lid down. THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. FIND HER AT MYFRIENDINFOOD.COM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Canada's stars rise on their way home

Tennis. Pospisil and Raonic shine ahead of Rogers Cup in Toronto

Vasek Pospisil, left, shake hands with fellow Canadian Milos Raonic after Raonic's win in the mens' final at the Citi Open on Sunday in Washington, D.C. Both return to action this week at the Rogers Cup in Toronto. ROB CARR/GETTY IMAGES

Before Milos Raonic and Vasek Pospisil were born, a generation of Swedes led by Stefan Edberg, Bjorn Borg and Mats Wilander swept the tennis world.

Now it might be Raonic and Pospisil's turn to do the same as Canadians.

"I think there's a chance now with the guys in Canada here that they can do the same journey," Edberg said. "It should be a very exciting time for Canadian tennis going forward now."

Considering Raonic beating Pospisil Sunday in the Citi Open was the first all-Canadian final in the history of the men's tour, this journey is just getting started.

Pospisil, who will face Richard Gasquet in the first round of the Rogers Cup on Tuesday at York University, is ranked 27th in the world after reaching his first ATP final. Raonic is back up to his career high of sixth after winning his sixth title.

Pospisil faces an early challenge at the Rogers Cup in the 12th-seeded Gasquet, whom he beat in the Citi Open semi-finals. Pospisil used Monday to catch his breath.

"For me, just seeing him, growing up with him and beating him when we were younger just motivated me a little bit and feeling I could do it, too," Pospisil said Monday.

Raonic is still the standard for Pospisil and this new generation of Canadian men's tennis players, but the Vancouver native is making strides, especially recently. A back injury contributed to a streak of eight consecutive losses from February through the French Open, and it took some time before Pospisil was 100 per cent again.

"I'm a little bit tired but I won't be tomorrow, just today," Pospisil said.

Raonic is at the point where he's measuring himself against the likes of Novak Djokovic, Rafael Nadal and Roger Federer. Asked about his best matches of 2014, Raonic pointed to a loss to Djokovic as one of them.

It's unlikely Pospisil will look back at Sunday's 6-1, 6-4 drubbing from Raonic in the same way. Still, his first final represented an early career milestone.

"I would have liked to have been on the winning end of that, obviously, but, yeah, it's another special moment for me because it was my first final," Pospisil said. "The fact that I was playing another Canadian, Milos, made it more special for sure, I think especially for tennis fans in Canada. But, yeah, I think it's more icing on the cake, I guess, for all the good results that we have been having these past few years in Canada." THE CANADIAN PRESS

MMA

Jones, Cormier get into a brawl ahead of fight

Light-heavyweight champion Jon (Bones) Jones and challenger Daniel (DC) Cormier scuffled Monday at a news conference to publicize their UFC 178 showdown, falling off stage after coming to blows.

The taller Jones touched foreheads with Cormier, who shoved him backward.

Jones came right back at Cormier, with a pair of UFC employees shoved aside as they tried to intervene.

"I won't let another man get in my face and put his forehead against mine. I will react every time," Cormier tweeted later.

THE CANADIAN PRESS

CFL

Alouettes hire Jeff Garcia to coaching staff

The Montreal Alouettes have added another big name to their coaching staff in an effort to revive their struggling offence.

The team announced Monday that former CFL and NFL quarterback Jeff Garcia has joined the organization.

The club said it has yet to decide on a specific role for Garcia, but the four-time CFL all-star and NFL Pro Bowl selection will certainly be counted on to try and turn around an offence that has scored a league-low 75 points so far this season.

THE CANADIAN PRESS

Badminton gold, that is

Michelle Li won gold in women's singles badminton at the Commonwealth Games, Sunday in Glasgow, Scotland. Scan the image with your Metro News app to view a gallery of the closing ceremony. ALEX LIVESEY/GETTY IMAGES

NFL

Manziel gets a chance as starter

Browns' rookie Johnny Manziel took snaps with Cleveland's starters for the first time in practice at training camp on Monday, moving ahead of Brian Hoyer for at least one day.

Coach Mike Pettine said Manziel's promotion was simply the next step in the club's evaluation of the two quarterbacks in the second full week of their competition for the starting job.

"It's just part of our plan," Pettine said. "We said we were going to allow the quarterbacks to compete."

THE ASSOCIATED PRESS

Junior hockey. Top NHL entry draft pick Aaron Ekblad leads by example

Aaron Ekblad says no one has a right to expect a spot on Canada's world junior roster — even those players returning for a second tour of duty.

The first overall pick in this summer's NHL entry draft said that a fourth-place finish at last year's world junior championship means everyone vying for a spot on the Canadian squad to play on home soil later this year is on equal footing - himself included.

"There's something left on the table," said Ekblad of the opportunity squandered in Malmo, Sweden, that ended abruptly with a bronze-medal-game loss to Russia.

"Obviously we're coming into this with positivity, but we lost last year," added Ekblad, a defenceman for the Ontario Hockey League's Barrie Colts. Head Coach Benoit Groulx says that's what he wants to hear.

"That's the attitude we like. He's coming here as the first pick overall and he's first on every drill and he's probably the hardest working player on the ice," said Groulx, who served as an assistant-coach for Canada in Sweden.

THE CANADIAN PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Even if you are one of those rare Aries who tend to see the glass as half empty rather than half full you will be positive in everything you do over the next 24 hours.

♉ Taurus
April 21 - May 21
Why are you acting as if you have no choice in what you are expected to do? You always have a choice. Take responsibility.

♊ Gemini
May 22 - June 21
Everything, and everyone, has a light side and a dark side. Make it your aim to encourage the light side today.

♋ Cancer
June 22 - July 23
You will know in a flash what it is you have to do. After that it is up to you: You can accept the challenge and be special, or you can reject it and be mediocre like so many others.

♌ Leo
July 24 - Aug. 23
Today's cosmic influences will help you to view the world with eyes that see deeper and farther than most other people. What you discover will astound and delight you.

♍ Virgo
Aug. 24 - Sept. 23
There may be an element of risk in what you are planning to do but that won't worry you. The closer you are to the edge the more alive you feel.

♎ Libra
Sept. 24 - Oct. 23
If your instincts tell you to go for something you must not hesitate for even a moment. There is glory at stake and you must not let it pass you by.

♏ Scorpio
Oct. 24 - Nov. 22
Authority figures will be impressed by your ability not only to get things done but to get along with a wide range of people while doing it.

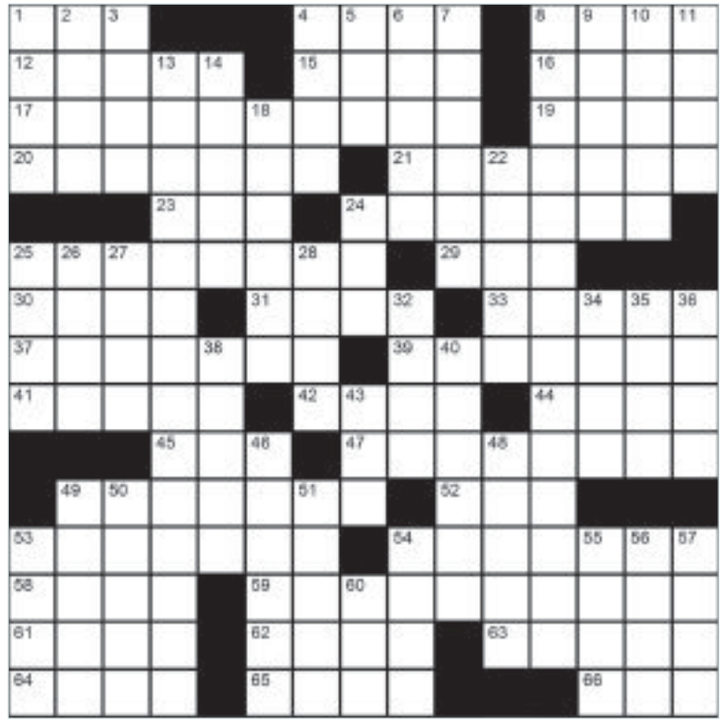
♐ Sagittarius
Nov. 23 - Dec. 21
You can and you must do something out of the ordinary. Whatever you do it will be a huge success, so what are you waiting for?

♑ Capricorn
Dec. 22 - Jan. 20
You are more likely to find answers to your problems if you if you get creative. Get some input from loved ones and relatives, too. You don't have to do it all on your own.

♒ Aquarius
Jan. 21 - Feb. 19
Fate will point you in a new direction over the next few days and if you are wise you will go with the flow. The powers that be will always protect you.

♓ Pisces
Feb. 20 - March 20
The current cosmic picture makes it easy for you to boost your status and your earning power, but it won't just happen as if by magic — the effort must come from you.

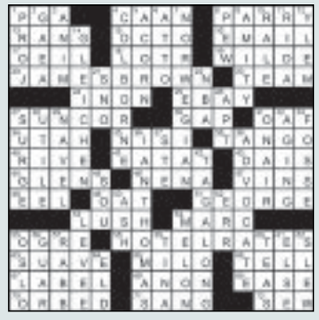
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Mount Royal's li'l locale
4. Spaghetti sauce brand
8. Throw
12. "Don't mind __ __!"
15. Rosey __ (Global News anchor)
16. Italian harp
17. 1970 Anne Hebert novel that shares the name of the Quebec village where it is set
19. Paths, puny-ly
20. Warned
21. "2001: A Space Odyssey" (1968) director Stanley
23. Pas' partners
24. The __ (British band with a 1967 hit sharing #8-Down's first name)
25. 100th Anniversary of 1914 start of this World conflict: 2 wds.
29. Freelancer's encl.
30. Garner
31. Approximation
33. Cereal company
37. Best example
39. Canadian Forces base community in Southern Ontario
41. __ off (fend/fight)
42. Alaskan city
44. "Glee" actress Ms. Rivera
45. 'Lact' suffix
47. NS: Cape Breton Highlands hiking-to-spot, __ Cove
49. Dire Straits' "__ of Swing"
52. will._.__
53. Earnest
54. Does workshop updating
58. Peruvian empire
59. Vintage-clothes-buying venue: 2 wds.
61. Human/goat forest deity
62. Angry cat sound
63. Composition
64. Jackson 5 member
65. Dilbert comics intern
66. Switch selections

Down
1. "Grace Kelly" singer
2. Non-stick frying pan
3. Green fruit
4. Canadian skiing legend Ken
5. Magazine pages, e.g.
6. Michael Douglas' "Wall Street" (1987) role, Gordon __
7. Moving day trucks
8. Burnaby, BC born actress of 'Matrix' movies: 2 wds.
9. "Glee" character
10. Eyeglasses, fun-style
11. Chore
13. Mount Edziza in BC, for one: 2 wds.
14. Lash __ __ (Chide)
18. Cross the pool again
22. Canadian dancer/singer Mr. McGrath
24. Charlemagne's realm [acronym]
25. Gollies
26. Transfixed
27. 'Ranch' suffix
28. Yemeni port
32. Prefix with 'sphere'
34. RBI, e.g.
35. Country's Mr. Axton
36. 'Tsar' suffix (Russian empresses)
38. West: Spanish
40. Alleviation
43. Photo __ (PR events)
46. Singer Ms. Kitt
48. Coffee serving
49. Bible: Mount __
50. __ diamonds
51. Grape soft drinks Radar liked on "M*A*S*H"
53. __ the flour
54. Hazard
55. Bjork hit: "It's __ __ Quiet"
56. Bank __
57. Donald Sutherland/Elliott Gould spoof flick, "_*_*_*_" (1974)
60. '70s record label

Friday's Crossword



Online

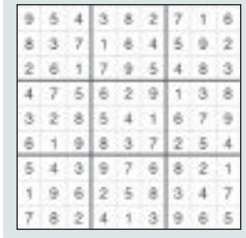
See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

2				9		1	3	5
					6			4
		3		2	8	7		
6				3	9	5		
		9	7	4				8
		7	6	8		4		
5			2					
1	8	4		5				6

Friday's Sudoku



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Neptune is suggesting that now may be the perfect time to get the Metro News App

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